



# Preemie Professional

## Preemie Professional

*Lesley Barreira, MADS, BCBA*



Photo Credit: Lesley Barreira

**Organization:**  
Sunnybrook Health Sciences Centre

**Unit/Branch:**  
Neonatal Follow-Up Clinic, Women & Babies Program

**Years Helping Premies:**  
Almost two years . . . and counting!

**Focus:**  
Lesley is the first Board Certified Behavior Analyst (BCBA) to be included as a member of an interdisciplinary team within the neonatal follow-up network in Canada. Her clinical interests include: behavioral pediatrics, parent-mediated interventions, toilet training, sleep training, and non-compliance.

### Professional Tip:

*In a child's life, professionals will come and go but parents are always there. To make the most impact in any behavioral intervention, parent involvement is essential. Parents are the #1 change makers in their child's life!*

## Advocate: RSV Brief + Tips

The acronym RSV strikes fear into the hearts of preemie parents and professionals alike every cold/flu season. **The Institute for Patient Access** recently issued a policy brief on *Protecting Premature Infants from Infectious Diseases*. To read the brief go here: <http://preemie.us/RSVbrief> and PreemieWorld's tip sheet for keeping premies #RSVfree is here: <http://bit.ly/RSVFREE>

## FREE: Premies Dads are Powerful

PreemieWorld provides a number of free handouts to be used in the NICU and beyond in its "Freebies For You" section of the website.

**This month's freebie is another preemie symbol: *Preemie Dads are Powerful*.** "Dads often feel neglected in the NICU environment, but our symbol says it all. The research is clear that fathers are a crucial part of

their baby's life in the NICU and at home," notes PreemieWorld's **Deb Discenza**. "I hope NICU Nurses will print out this graphic and put it on incubators worldwide to remind Dads of their special powers."

*Download it here & share with #preemiedads:*  
<http://preemie.us/PreemieDad>

## To Do List



**CONGRATS:** [Pete Khuangsavanh](#) is our winner for the *little man* DVD and our winner of the Alison Schleefer book *A Giraffe Called Neo* is Twitter user [@MommyinSports](#).



**LIKED US YET?:** PreemieWorld is doing another PreemieWorld Facebook page contest. See page 2 of this newsletter for details!



Download PreemieWorld's FREE tools <http://bit.ly/PreemieFreebies> and pass them onto NICU Parents as part of your welcome packet.

MARK YOUR CALENDAR!



*Int'l Congress on Advances in Paediatrics 2015*  
December 4-6, 2015  
Worldwide  
[www.justpediatrics.org](http://www.justpediatrics.org)

*Hot Topics in Neonatology*  
PedsUniversity.org  
December 6-9, 2015  
Washington, DC  
[www.hottopicsinneonatology.org](http://www.hottopicsinneonatology.org)

*Have an event you want to share with our community? Contact us:*  
[connect@preemieworld.com](mailto:connect@preemieworld.com)

*Tools and Resources  
for the Preemie Community*

## Support:

### Nathan C. Splant Foundation

*Out of the Splant family's personal journey with premature birth, they formed the Nathan C. Splant Foundation to help other families.*

**Established:** 2007

**Outreach:** NW Indiana and the surrounding Chicagoland area

**Web:** [www.ncsplantfoundation.org](http://www.ncsplantfoundation.org)

**Focus:** Providing parents with needed resources to help with the every day life changes that come with babies born too early and too small.

**Programs:** Grant giving, Racing for Babies event, Riding for Babies event and Prematurity Awareness Campaign.



## Org: Baby Blues Connection

**Baby Blues Connection was born when Nola Cross, survivor of postpartum depression, joined Wendy David, PhD to begin a mom-to-mom support group and telephone support for postpartum families.**

**Established:** 1994

**Web Site:** [www.BabyBluesConnection.org](http://www.BabyBluesConnection.org)

**Mission:** To provide support, information and resources to women and families coping with pregnancy and postpartum mood disorders and to the professionals who serve them.

**Programs:** Our 24-hour warm line is the first step. We offer mom-to-mom and

dad-to-dad support groups made of women and men who have been through perinatal depression themselves. This unique model allows new members to identify with others in various stages of recovery and treatment. Beyond this we provide information about the latest research and treatment of perinatal mood disorders to members and professionals alike as well as a current referral list of specialists in our area. We are currently working to reach more families with NICU experiences with our **After the Storm** program, referring to the "storm" of emotions that comes when your birth plan failed, your birth is traumatic, your baby came early and it's all too much.



## PreemieWorld: "Like" Us On Facebook & You Could Win!



Visit PreemieWorld's FB page at: <http://bit.ly/FBPreemie>

**"Like" our FB page from 12/1/15 to 12/22/15 and you could win a copy of the award-winning *little man* DVD from PreemieWorld!**

<http://bit.ly/FBPreemie>

*Parents & Professionals:*  
Subscribe to our FREE newsletters today @ [www.PreemieWorld.com](http://www.PreemieWorld.com)



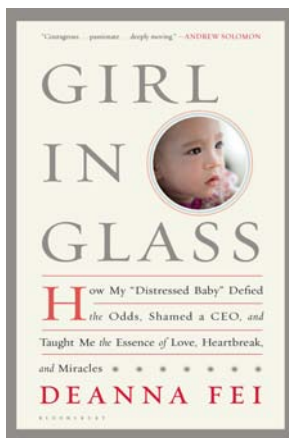
## Book: Girl in Glass

### The Details:

**By:**  
Deanna Fei

**Available at:**  
[www.Amazon.com](http://www.Amazon.com)

**Cost:**  
\$26.00 USD



Premie parents can relate to the world upending itself when a baby is born premature. But imagine ending up in the media spotlight over a CEO's crass comments about to your "distressed baby's" medical bills being the reason for AOL's employee benefits restructuring. Fei tells her family's side of the story from traumatic birth to NICU stay to homecoming and a CEO's poor excuse for the challenged bottom line. Every premie parent as well as every special needs person challenged in the workplace will cheer aloud while reading this book.

*We're giving away this book!*  
*Follow us on Twitter by 12/22/15 to enter: <http://bit.ly/PremieTweets>*

## After the NICU: Playing the "Premie Card"

*There are scenarios outside of the NICU where using the "Premie Card" totally applies. Consider pulling it out in these situations:*

- A well-meaning person at the doctor's office wants to get up close and personal with your infant . . . during RSV season.
- You see a friend at the grocery store as you are about to enter with your infant. The friend coos at your child and gets closer, cigarette in hand.
- The IEP team at school thinks your child is doing "great now" and wants to downgrade to a 504 plan thereby lessening services.

*What's your #premiocard moment?*

## Premie Professional Online

### NICU Professionals Group: ([www.Linkedin.com](http://www.Linkedin.com))

STUDY: Probiotics May Not Shield 'Premies' from Serious Illness

STUDY: Power of Parent's Touch Can Reduce Premie's Pain

STUDY: Vibration-based therapy can successfully treat apnea events in preterm infants

### Early Intervention Professionals Group: ([www.Linkedin.com](http://www.Linkedin.com))

Chewing Can Be Tricky: Keeping Children Safer at Mealtime

6 Tips to Help Prevent Torticollis and Head Flat Spots!

### Premie World ([www.Twitter.com](http://www.Twitter.com)):

PremieWorld Supports Recommendations for Psychosocial Support of NICU Parents

RESEARCH: Breastfeeding linked to Reduced Risk of Premie Eye Problem

### BE THE SMART PRO: Tell Your Families about the "Premie Network" on Inspire.com:

Deb Discenza of PremieWorld moderates this FREE global network of *almost 24,000 parents* from NICU to home to school. [www.inspire.com/premie](http://www.inspire.com/premie)

*Check out these groups and more by referring to the "Get 'Social' With Us" on page 4 for more information. Have news or research to share with us? [connect@premieworld.com](mailto:connect@premieworld.com)*

## Get "Social" With Us!



[www.PreemieWorld.com](http://www.PreemieWorld.com)  
[www.LittleMantheMovie.com](http://www.LittleMantheMovie.com)



@ PreemieWorld



1. PreemieWorld
2. Preemie Parent's Survival Guide to the NICU



PreemieWorld



Check out other LinkedIN groups we moderate:

1. NICU Professionals
2. Early Intervention Professionals
3. Preemie Parent Support Group Leaders
4. Preemie Parents
5. Little Man the Movie

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for the Preemie Community*



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## Tip: Holiday Gifts for the Differently-Abled Child

*The gift-giving season is upon us and that can send many preemie parents running for shelter when trying to give out suggestions to well-meaning relatives. If your child has delays or is differently-abled, Deb Discenza has some suggestions for toys and more:*

**AblePlay from the National Lekotek Center ([www.ableplay.org](http://www.ableplay.org)):** This non-profit provides numerous services to help improve the lives of children with special needs through the utilization of toys and play. They offer play sessions, a toy lending library and more at numerous sites throughout the United States. And just in time for this holiday season, the organization has **AblePlay**, a site devoted

to rating and reviewing toys across the developmental abilities of a child. This site is an all-around winner and a must-have for the holiday shopping season.

**Toys 'R' Us Differently-Abled Toy Guide (<http://preemie.us/TRUdiffabled>):** Though focused on Toys 'R' Us stock, the listing helps families navigate potential toy offerings suitable for their child.

*What cool gifts did you find for your child? Tell us via Facebook/Twitter using #ablepreemie*